



PREMIUM PERFORMANCE TRAINING INC.

Health & Fitness Newsletter

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PREFACE

This is a bi-monthly publication of Premium Performance Training Inc. aimed at providing general information regarding current health and fitness trends.

Quote to Remember:

"Strive for progress, not perfection"

- Unknown

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Yoga: Questions & Answers



What is Yoga?

The word yoga is a derivation of the word yuj and comes from an ancient Indian language, Sanskrit. Yuj means to yoke or bind and is often interpreted as "union", whereby Yoga is said to be for the purpose of uniting the mind, body, and spirit. Overtime the practice of Yoga has been adapted in a variety of ways, focusing on specific parts of Yoga. For most persons in the Western Hemisphere, Yoga is more a deviation towards the practice of poses with the aim of improving the participant's strength and flexibility, while also controlling their breathing. Ultimately, the aim is to boost the participant's physical and mental wellbeing.

What are the health benefits of Yoga?

There has been a great deal of research conducted about the physical and mental benefits of Yoga. Some of the positive benefits indentified by such studies include:

- ◆ **Stress reduction** - It has been found that Yoga can significantly improve a person's mood and overall sense of well-being, while also improving their stress management and relaxation, including a reduction of the symptoms of depression and anxiety
- ◆ **Management of chronic conditions** - Yoga can help reduce the risk factors, and/or in the management of, various chronic diseases, such as heart disease, type 2 diabetes, arthritis, high blood pressure, and certain forms of cancer
- ◆ **Improved fitness** - Yoga can improve a person's strength, flexibility and range of motion

Can Yoga help with arthritis?



Picture Compliments
Andrew Browne Photography

Yoga has been a popular form of exercise form many years for persons with arthritis, as it is a gentle way of promoting flexibility and strength. Studies completed thus far have shown that not only can Yoga significantly reduce pain and improve mobility issues in persons with many different arthritic conditions, but that it can also have a positive impact as it

Continues on Page 4

The Ab Ripper

Help strengthen and carve out your midsection with this advanced ab routine....10 exercises....10 - 20 reps....NO REST!

Instructions:

Perform the exercises in the stipulated order.

Complete 10 - 20 repetitions for each exercise (based on experience level) before moving onto the next exercise in the sequence.

Do not rest between exercises.

The completion of all 10 exercises constitutes 1 (one) set. The volume of sets completed is at your digression.

Ab Ripper Exercises
Crunches
Oblique Crunches (left side)
Oblique Crunches (right side)
Elbow to Knee Crunches
Toe Touch Crunches
Lying Straight Leg Raises
Lying Leg Pull-Ins
Reverse Crunches
Bicycling
Full Crunches



Crunches



Oblique Crunches (left side)



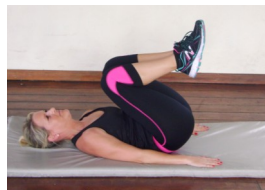
Oblique Crunches (right side)



Elbow to Knee Crunches



Toe Touch Crunches



Reverse Crunches



Full Crunches



Lying Leg Pull-Ins



Lying Straight Leg Raises



Bicycling

Ask Yourself Answers

1. **False** — Muscle is three times more efficient at burning calories compared to fat
2. **True** — The phosphagen (ATP-CP) energy system, the glycolysis (anaerobic) energy system & the oxidative (aerobic) energy system
3. **True**
4. **True**
5. **True**

Intense Training Linked To Rhabdomyolysis



Rhabdomyolysis (Rhabdo) is a medical condition that may arise when muscle tissue breaks down and the contents of muscle cells are released into the bloodstream. One molecule in particular, myoglobin, is toxic to the kidneys and can cause kidney failure and, in the most severe cases, death. The reported instances of rhabdo have increased in recent times due to the increase in popularity of intense training methods such as cross training and boot camp training as overzealous participants push themselves harder than they should and ignore signals from their body to reduce the intensity. Symptoms of rhabdo include severe generalized muscle pain, nausea and vomiting, abdominal cramping, and, in significant cases, dark red “Coca-Cola” urine. Many experts believe the incidences of Rhabdomyolysis which occur in society are underreported, and even though the general risk of serious rhabdo is genuine, the instances of it are low.

Low-Carbohydrate Diets Promote Greater Fat Loss Compared To Low-Fat Diets

A 12-month study of overweight middle-aged adults led by Lydia Bazzano from Tulane University in New Orleans compared the weight loss of 2 (two) groups: a low-carb group which consumed less than 40 grams of carbohydrates per day; versus, a low-fat group which consumed less than 30% of their calories from fat. In both cases the participants calorie intake was not restricted. The results showed that the low-carb group lost more weight (12 pounds vs 4 pounds) and waist circumference (2.6 inches vs 2.2 inches) compared to the low-fat group. The low-carb group also showed greater decreases in total cholesterol, LDL cholesterol, triglycerides, insulin and overall cardiovascular risk.

(Annals Internal Medicine, 161: 309 - 318, 2014)

Cold Water Immersion After Training Does Not Enhance Training Gains But Can Improve Performance During Subsequent Workouts



According to a German study led by Michael Frohlich from Saarland University, cold water baths help speed recovery from exercise but do not promote gains from weight training. Separate studies by Australian and French researchers also showed post-workout cold water immersion improved strength and power on workouts held on the same day or on subsequent days. One of the studies showed that sprint cyclists were able to maintain performance better over a five-day period when taking cold-water baths after workouts compared to athletes using passive recovery or hot water baths.

(Journal Strength Conditioning Research, 28: 2628 - 2633, 2014)

Consuming Protein Throughout The Day Is Best

The recommended daily allowance for protein is 0.8 to 1.5 grams per kilogram of body weight. Most people consume more protein at night than during the day. According to a study led by Douglas Paddon-Jones and Madonna Mamerow from the University of Texas Medical Branch at Galveston this is a mistake. The study used sophisticated radioactive tracer methods to measure protein synthesis and the results showed that 24-hour protein synthesis was higher when protein was consumed evenly throughout the day than when it was consumed more at night. Thus, from the results, persons should strive to consume protein throughout the day and not mainly in the evening.

(Journal of Nutrition, 144: 876 - 880, 2014)

Yoga: Questions & Answers

....Continued from Page 1

Can Yoga help with arthritis? (cont'd)

..... relates to the psychological aspect of coping with arthritis on a daily basis. It should be noted that all Yoga poses are not suitable for persons with arthritic conditions, as certain positions could intensify arthritic pain. In such cases it is best to check with a doctor or physiotherapist to determine if there are any movements that you should avoid based on your condition.

Am I too old for Yoga?

Aging is not a factor to deter persons from the practice of Yoga, as Yoga is a form of exercise that can be enjoyed from childhood to your advanced years, and can be started at any fitness level, or at any age, with the main focus when you begin being to initially work within your abilities. Overtime, Yoga has been proven to assist many seniors with maintaining their independence as it has the ability to improve their flexibility and balance, while building and maintain their strength. It is particularly worth mentioning that the benefits obtained from Yoga can help reduce the possibility of falls, which is an increased risk for the aging population.

Do I have to be fit & flexible to begin Yoga?



Yoga can be adopted to accommodate varying fitness and flexibility levels. The most important factor is to work at an intensity which is suitable for your current fitness and flexibility level, and then aim to build and improve on those current levels.

Is there the risk of injury when doing Yoga?

As with all forms of physical activity, there is some risk of injury involved when doing Yoga. These risks are significantly lower compared to many high intensity forms of exercise which put significant stress on many joints and muscles during rapid, sharp, high impact movements. The most common Yoga injuries are caused by repetitive strain or overstretching, with common risk areas being a participant's lower back, hamstrings and wrists. To help prevent or reduce the possibility of injury while partaking in Yoga participants should ensure they warm up properly, work within their fitness and flexibility levels, use props or modifications where necessary, and avoid poses or movements that are problematic, high risk, or have the potential to aggravate pre-existing injuries or conditions.



ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|---|------|-------|
| 1. Muscle is twice more efficient at burning calories compared to fat | TRUE | FALSE |
| 2. The human body has 3 energy systems | TRUE | FALSE |
| 3. A 20 oz bottle of Coca Cola has in more sugar than a large cinnamon roll | TRUE | FALSE |
| 4. Muscle is denser than fat | TRUE | FALSE |
| 5. Your tongue is the only muscle in your body that is attached at only one end | TRUE | FALSE |

[Answers can be found on the bottom of page 2](#)

Yoga: Questions & Answers

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What style of Yoga should I do?

There are many different styles of Yoga, with some styles being more vigorous than others. In addition, some may have a different area of emphasis, such as posture or breathing. Many Yoga teachers develop their own practice by studying more than one style. No style is necessarily better or more authentic than any other and participants are encouraged to try many different styles of Yoga to determine which style, or styles, they find the most enjoyable or challenging. Many different styles of Yoga are practiced in Barbados, examples of such are Anusara, Hatha, Ashtanga, Yin and Vinyasa, and subsequently even though one particular style maybe more dominantly exhibited during an instructor's Yoga session it is not uncommon for multiple styles to be incorporated into the same session.



Can I use a book or a Yoga DVD instead of going to a class?

Books or DVDs can be substituted for attendance at a class; however, if you are new to Yoga or are inexperienced, it is better to start your Yoga journey by attending classes. With a class you can get hands on instruction and feedback as you learn the poses and breathing techniques. However, with the use of books/DVDs there will be nobody to correct your mistakes, which could lead to injury over time. After you have become comfortable with executing the various poses the use of books or DVDs for individual sessions can then be helpful for keeping up your practice.

Healthy & Great Recipe

Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavor.



Piña Colada Smoothie

Method

1. Place all the ingredients, except the ice, into a blender. Blend to mix.
2. Add crushed ice and blend on high until the ice is completely incorporated.

MAKES 1 (ONE) SERVING

- ◆ 1/3 cup non-fat plain yogurt
- ◆ 1/4 cup light orange juice
- ◆ 3 tablespoons crushed pineapple (packed in water)
- ◆ 2 tablespoons Splenda granulated sweetener (3 packets)
- ◆ 1/2 teaspoon coconut extract
- ◆ 1/2 small banana, frozen
- ◆ 3/4 cup crushed ice

DARE to COMPARE

Many piña colada smoothies contain upwards of 400 calories, and as much as 600 calories, due to their higher calorie ingredients.

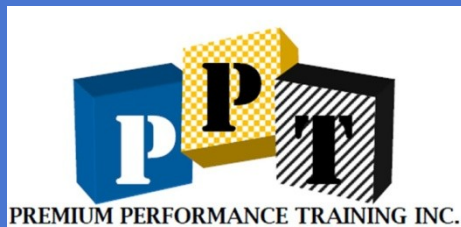
NUTRITIONAL INFORMATION PER SERVING

Calories: 130 / Carbohydrates: 28g (Sugars: 20g) / Total Fat: 0g (Saturated Fat: 0g) / Protein: 5g / Fiber 3g / Cholesterol: 0mg / Sodium: 65mg

Recipe obtained from "Eat What You Love" - By Marlene Koch

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetes diets

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Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to

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